

Healthy places and healthy people

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- Health is worse in deprived areas compared to more affluent areas
- Is that just because deprived areas contain lots of poorer people?
- Poverty is bad for your health - well established

Is where you live related to health?

- Many studies have shown that where you live affects health, after taking your own personal attributes into account (age, gender, social class, income etc.)
- Health effects include mortality, cancers, mental health, cardiovascular disease, obesity
- Health behaviours such as diet, smoking and physical activity (less so for alcohol consumption!)

Why does where you live relate to health?

- Who lives in a place

Why does where you live relate to health?

- Who lives in a place
- What's in a place

Why does where you live relate to health?

- Who lives in a place
- What's in a place
- What a place is like to live in

Who lives in a place

- Population characteristics and mix
- Residential stability
- Degree of social interaction

What's in a place

- Amenities - recreation facilities, schools, shops, transport, greenspace etc.
- Buildings
- Physical configuration (street layout etc.)

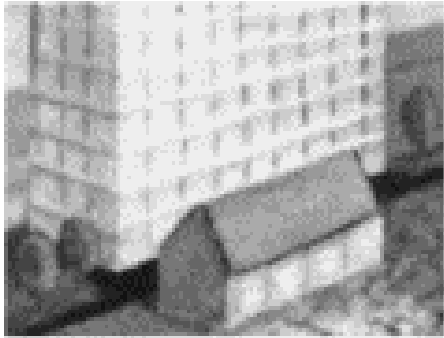
What a place is like to live in

- Quality of the local social & physical environment
- Crime and fear of crime
- How conducive it is to social interaction

Value of house prices by proximity to parks

Netherlands study

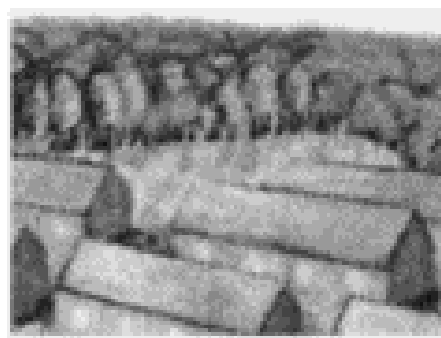
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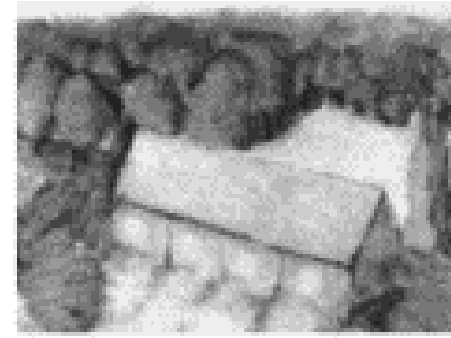
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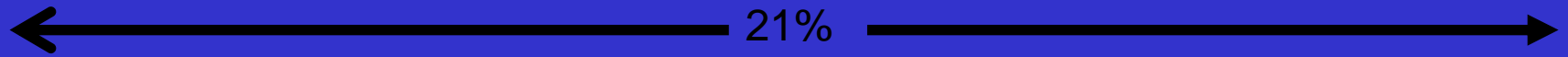


View of apartment building

No effects

Park nearby

Park view



Physical features of the environment shared by all residents in a locality

Availability of healthy environments at home, work and play

Services provided to support people in their daily lives

The socio- cultural features of a locality

The reputation of an area

West of Scotland Twenty-07 study

Two socially contrasting localities in Glasgow City

one more affluent

one more deprived

age groups: now aged around 28, 48 & 68

Study began in 1987 – last data collection 2007



North-West

Kelvinside, Jordanhill, Whiteinch,
Scotstoun, Knightswood,
Blairdardie, Old Drumchapel.

South-West

Mosspark, Pollok,
Corkerhill, Levern, Arden,
Carnwadric, Kennishead,
Darnley, Craigton.

River Clyde

More affluent Locality

built for Victorian middle classes,
Sandstone villas and tenement flats,

also contains inter-war mainly good
quality public housing





More deprived Locality

peripheral public housing schemes.
Contains some good quality public
sector housing





Examples of study data

- Range of mental and physical health and well-being measures
- use of health care services
- medications
- aspects of day to day life, relationships, work, housing & neighbourhood
- income and expenditure

- **direct measurement of features of the local environment**

Health worse in more deprived Locality

- higher blood pressure
- people more likely to be overweight/obese
- higher anxiety and depression
- mortality rates higher

- more likely to smoke and eat a 'poorer' diet

- **“Obesity 'could bankrupt the NHS' “**
- Obesity linked to a range of diseases and disorders, including heart disease, cancer, depression, back pain, diabetes and skin problems.
- Causes include imbalance between energy intake and expenditure
- Govnt recommend people be more physically active and eat a better diet
- People living in deprived areas more likely to be overweight/obese than those in more affluent areas, and eat a poorer diet.

Proportion reporting that
they *never* did any exercise

affluent

%

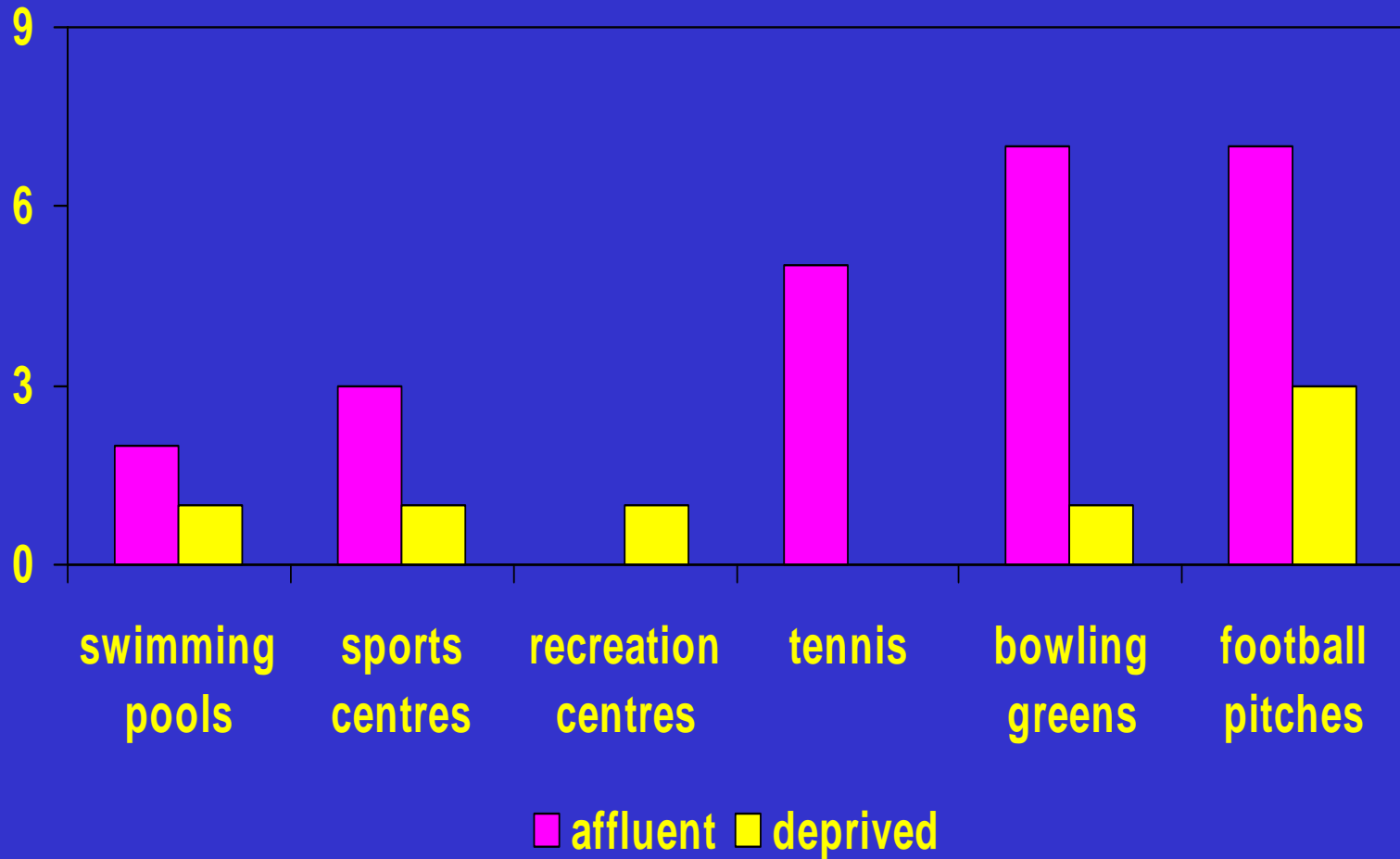
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deprived

%

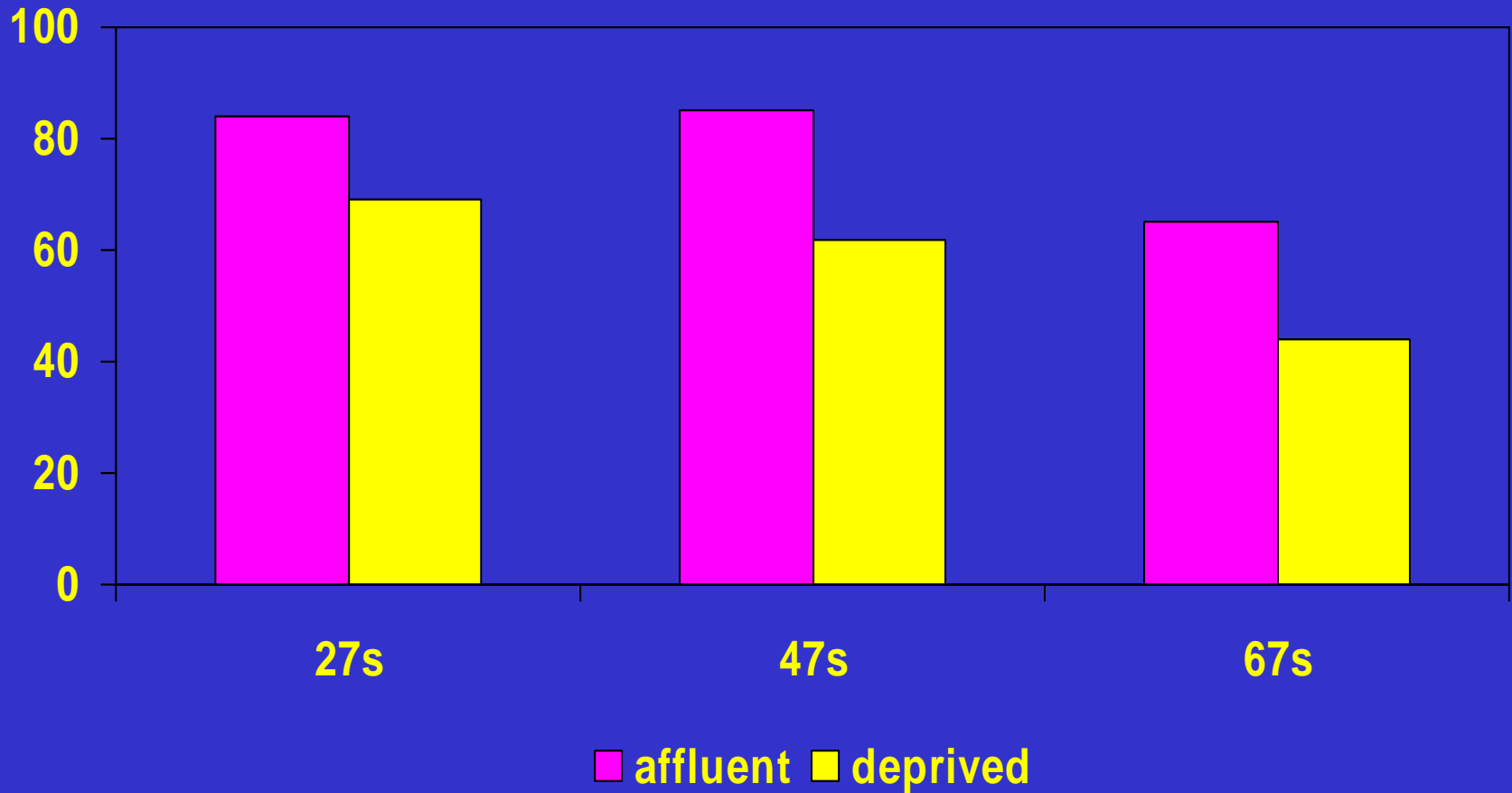
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Public Facilities

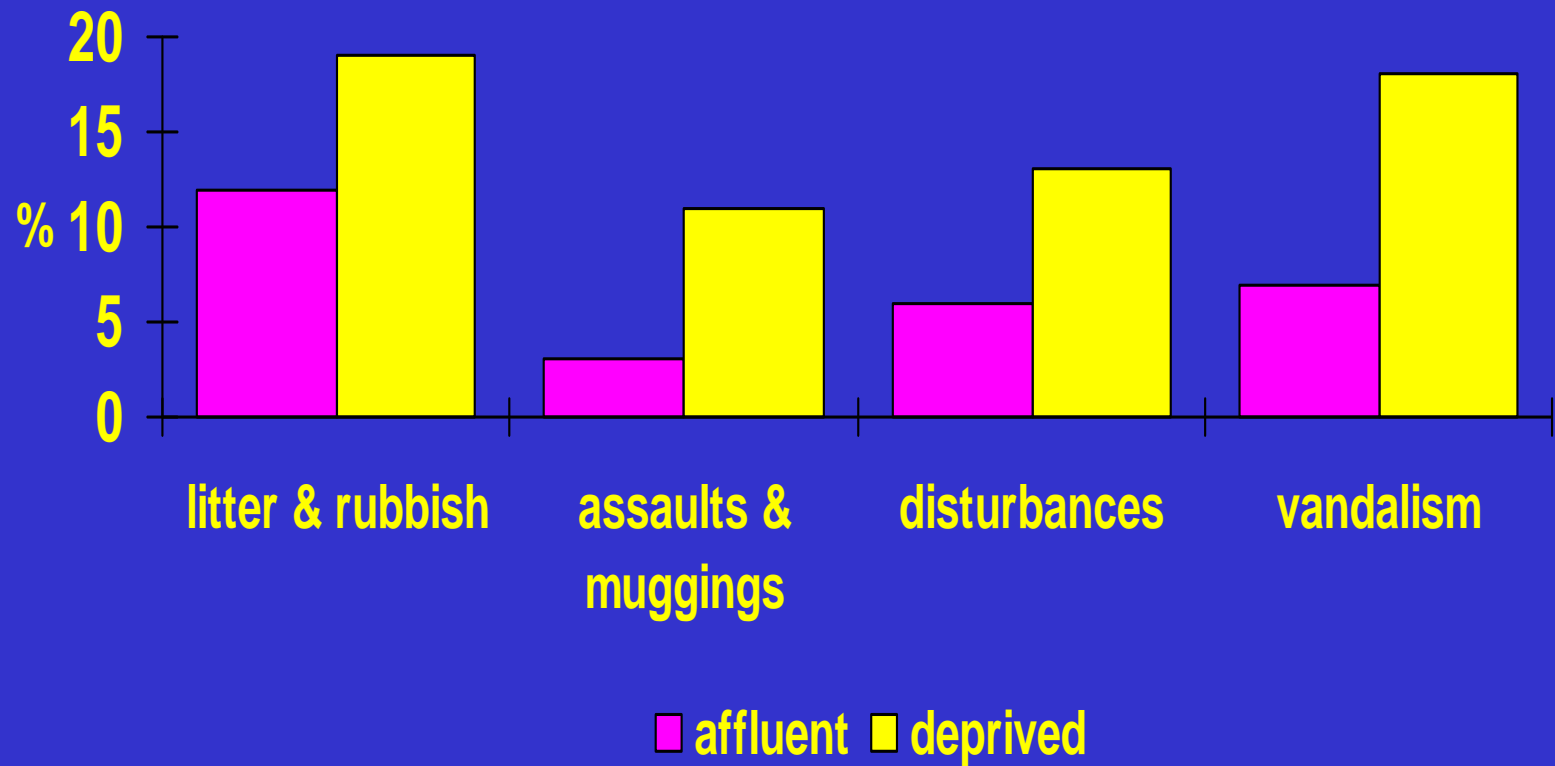


**Public transport poorer in more
deprived Locality and
fewer people have cars**

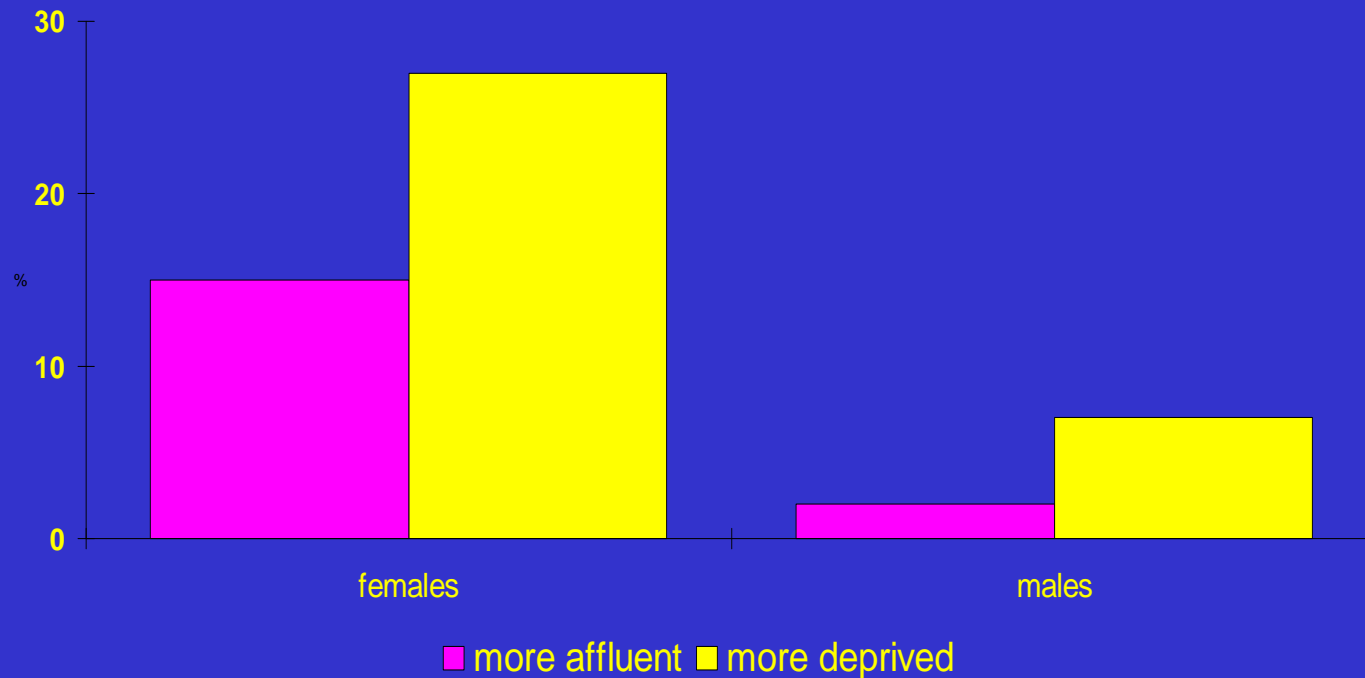
% reporting that they had gone for 2 mile walk in the last year



Proportion of respondents reporting problems in the local environment



Proportion of respondents reporting never walk alone in neighbourhood after dark



Crime rates higher in more
deprived area - especially crimes
against the person

In Scotland

Perceptions of the local environment as threatening or unpleasant are related to poorer mental and physical health

- associated with anxiety, depression and poorer self assessed health, after taking into account age, sex and socioeconomic circumstances.

Glasgow Localities: PLAY AREAS



NW Locality:
off Nasby Avenue, Broomhill



SW Locality:
Raeswood Drive, Nitshill

Distribution of play areas within Glasgow city

- Appear to be slightly more in deprived areas but their quality and management needs further exploration.

Access to green space

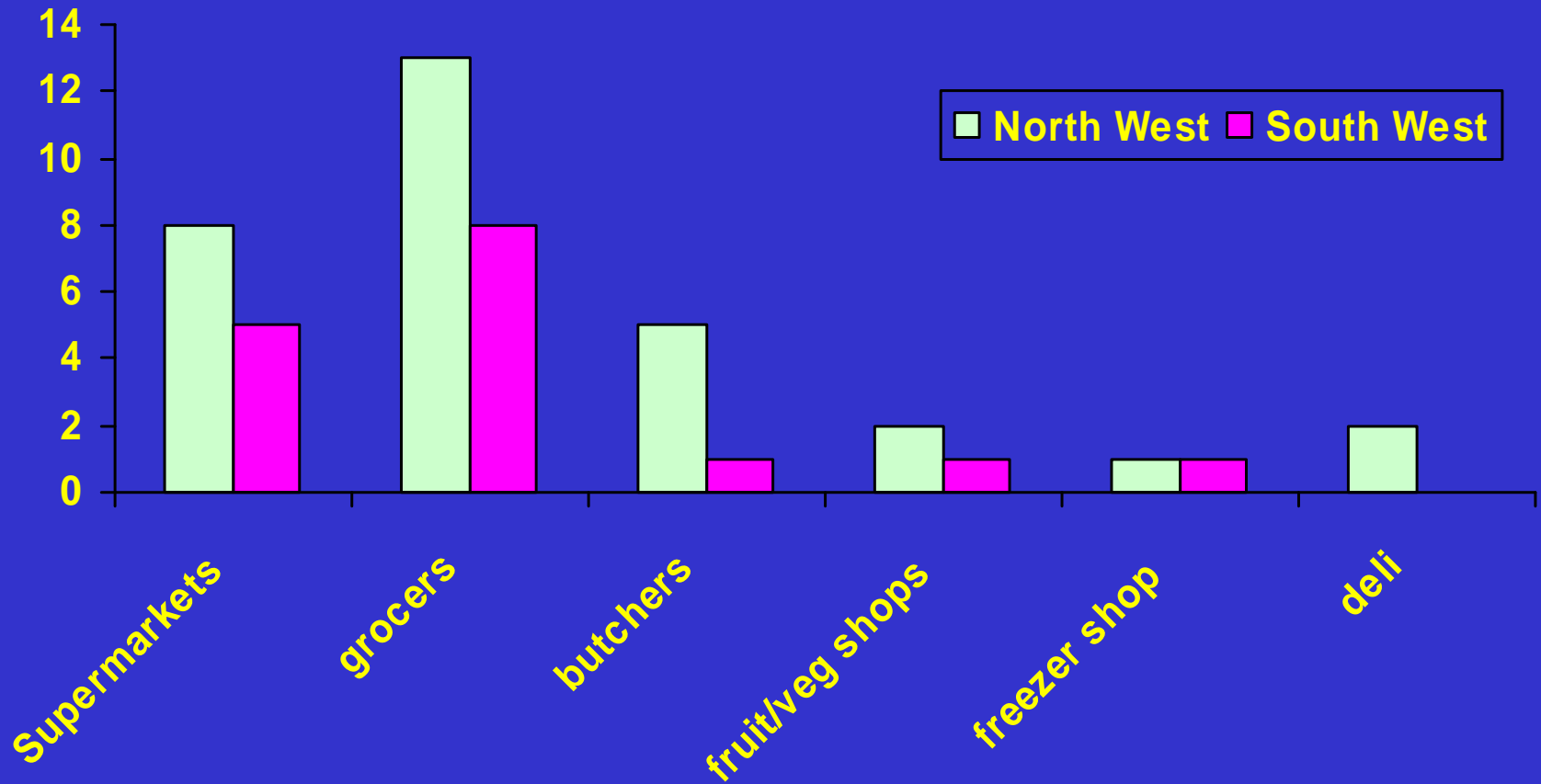
- More space in deprived areas but is it more 'unwanted' space?

Vacant/derelict land

more affluent area: 16 spaces

more deprived area: 56 spaces

Number of food outlets in Localities in 2005



Smoking

- People in deprived areas more likely to smoke*
- Possible reason (among many): smoking helps people cope with living in a stressful local environment
- **even after taking their sex, age and socio-economic circumstances into account*

Likelihood of smoking

living in an area with lots of 'incivilities'
compared to those living in more pleasant
areas

Men - twice as likely

Women – 30% more likely

**‘Social settings establish the categories
of persons likely to be encountered there’**

Goffman

***Stigma: notes on the management of
spoiled identity (1963, p11)***

Address discrimination

More people in the deprived area
have been refused services
(e.g. credit, police, ambulance, taxi)
because of their address

Proportion of respondents
who perceived a 'serious
problem' with the reputation
of their area

more affluent area	1%
more deprived area	12%

Low self esteem

- Linked to mental health problems
- Linked to likelihood of undertaking physical activity
- Linked to eating a poorer diet
- Linked to life chances (e.g. education, employment)

Self esteem scale

Examples:

- On the whole I am satisfied with myself
- I take a positive attitude towards myself
- I feel I am a person of worth, at least equal to others

4 point 'agreement' scale

Self esteem scores





A DESPERATE bid is being made to halt the spread of bedsits in Glasgow's plush West End.

Chairman Ian Bayne said today: "Multiple occupancies cause anti-social problems. Tenants don't look after the property because they've no investment in it."

Deep down in the West End, Sally the Post is mistress of all she purveys



Sally McGrood, dispensing stamps and advice

The world's most famous postwoman has a lot to say about the West End. She says she doesn't like the area, but she likes the people. She says she has seen the area change over the years, but she still likes it. She says she has seen the area change over the years, but she still likes it. She says she has seen the area change over the years, but she still likes it.

If Postman Pat had a mother she would almost certainly look like Sally McGrood.

Vital lifeline for elderly

In between handing out stamps, family allowances,

around which the fortunes of an entire community has revolved. Now, all that could be under threat following a proposal to give pensioners their cash directly through banks and building society accounts, a move that would save the Government millions of

pence of the corner of Kirklee and Great Western roads knows Sally, and Sally knows them. "That's what I like about this job," she says. "So many of my customers are friends. They don't just come in and buy a stamp and

And for others, this is an advice shop. "Some of the people who come in here are very old. They don't know what to do. They don't know how to use a machine. They don't know how to use a machine. They don't know how to use a machine."

STOP BEDSITS PLEADS GROUP

let it our small shop were to disappear and our pensioners left around 100 of the area. The group is made up of people who live in the area. They don't know how to use a machine. They don't know how to use a machine. They don't know how to use a machine."

FORTRESS POLLOK

BOYCOTT THREAT BY COUNCIL MEN WHO FACE TERROR IN CITY SCHEME

TERRIFIED council workers have branded a tough council scheme "Fort Apache the Bronx".

And they are threatening to boycott all work in the Linlithgow Road and Calhill Road areas of Glasgow's Pollok after a number of attacks.

Gangs of rampaging youngsters have even ambushed firefighters as they tackle blazes.

A number of council employees have been injured or threatened, while thousands of pounds worth of damage has been done to employees' cars parked at the Lyonnecross local repair centre.

In addition, the windscreen of one fire engine was smashed by a brick and on other occasions firefighters have been threatened and equipment damaged.

By MacI

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FORT APACHE



Tenants stuck in terror flats

By ROBERT YAIT and GORDON THOMSON

"I have been told there is no room to move in. The 'D' is being built but it is not ready for occupation and the 'E' has been reserved for the council."

ASTHMA The flats have been refused a name even though a health officer has recommended that they be named because of asthma sufferers from the area.

£20m FACELIFT FOR SCHEME OF SHAME

SHAME OF SICK SCHEME

COLLOX is a health hazard. Deprivation caused by dampness and unemployment does local residents. Age is no barrier. The only people who seem to be making money in the scheme are the drug dealers and the money lenders. Their vile trades thrive in the appalling social conditions. The statistics are shocking and make a painful reading. On health matters the figures show -

- SEVENTEEN in Pollok are 85% more than the Scottish average.
- LUNG cancer 15% more than the Scottish average.
- LOCALS have a 55% greater chance of dying before the age of 65 than anywhere else in Scotland.
- MORE babies are born to parents

aged under 20 - almost twice the Glasgow average. Pollok is home to the poor -

- HALF the tenants have rent arrears and more than 2000 qualified for Job Tax rebates.
- THREE quarters of all tenants are children but the rate -
- MOST teenagers are eligible for free school lunches.
- MORE people of one secondary quality for clothing allowances than any other Strathclyde school.
- FEW school leavers get any Highers.
- MORE teenagers lose their

spare - or even a part-time - job. A white profile carried out by the Employment Service discovered -

- MORE than 80% of the jobs are with NO qualifications and fewer than 10% had near undergraduate level training.
- ALMOST half of those on the dole faced difficulties competing for work in a hi-tech, high-skilled job market.
- "Taken together these simple statistics present a shocking reading for the late 20th century," says Jimmy Dunneville. "They paint a picture of suffering, hardship, lack of opportunity and lack of hope."
- And the local Labour MP makes a special plea to housing minister Lord James Douglas-Hamilton, saying: "In the face of the joblessness and hopelessness they represent I ask you to take immediate and urgent action to inject special funds into the most

POLLOK... had housing, little amenities, and unemployment at a scandalous level.

Pictures: JOHN MCCARROLL

LORD HELP US

By GORDON THOMSON

The good Lord is being asked to help save Pollok. For the Gospel truth according to community leaders is that a multi-million pound cash injection is urgently needed to revive the sprawling Glasgow housing scheme.

Pollok, they say, is a byword for the worst of Scottish life - bad housing, poor environment, little or no amenities, money grabbing, drug and drink abuse and an unemployment level that's a national scandal.

Stewart Tennant is the local Labour MP who sees the

Pollok is now looking to a Minister for salvation

Stewart Tennant with a couple of young Pollokers who say they are waiting for a minister to help them.

**Health may be enhanced
by taking part
in groups & associations**

Membership of clubs, associations etc.

	%
affluent area	80
deprived area	60





Monitoring area variations in provision and quality of:

- food retail provision
- employment opportunities
- unfit or substandard housing
- recreation facilities
- public transport
- community resources
- child care facilities
- education, health and welfare services

Targets for ensuring that every community over a certain size has access to:

- grocery store
- bus or train service
- safe play space for children
- community hall or meeting place
- child care facilities
- post office, etc.

Implications for action

- Create well lit & attractive public spaces
- maintain stable populations
- counter stigma
- positive media representations of place
- foster self esteem - pre-school, schools

Need to focus on places *and* people

- Increasing evidence that local social and physical environment affects health & well-being
- Individual deprivation may be amplified by environmental deprivation